

(WELL Power: By Sight, by Ear, by Heart: Like Making Music – Add Breadth to Your Life.)

# Go **WELL** Beyond the Barriers

## ♪ The 8 Key Sound-Supported Notes & Steps \*- For Leading Lives ♪

It's your life: '**GO LIVE IT**' – fully and comfortably. Lead your life. Love to **LIVE** .... Do **WELL**.

Like harmony accompanies a melody in music, major & minor support can happen for you in life.

**GO** on, **LIVE**, experience **IT**: Take these notes; add clear steps; notice sound support. Rest assured.

Pure and simple: Music and life always go together. So can you. Now .. all ways .... as **WELL**.

Use this key. Blend these 8 actions ..... sound steps ..... for ongoing satisfaction & life comfort:

**GO**: Individually & together – ♪**G**ather resources, ♪**O**pen the way (Receive & Give)

(Resources: Direction, Information, Motivation, Faith, Skills, Senses, Materials, Money, People, Time, Space, Feedback, Consequences)

**LIVE**: All ways (♪**L**augh, ♪**I**mprove, ♪**V**alue life, ♪**E**nergize through Rest)

**IT**: As a whole (♪**I**ncrease the Love you Give; ♪**T**end to LIVE & Care)

Steps to ♪**LIVE** have a two-way (Receive & Give) flow, each with a distinctive rhythm • — — — — • • •

Laugh (Take • — Spend Time)

Improve (Gather — — Open)

Value (Notice — • Appreciate)

Energize (Inhale • • Exhale)

Connect & expand your life like music. **IT** evolves. You are your key instrument; these are your steps:

Achieve results (GO); balance your life (LIVE); help love (IT) survive and grow (take TLC to another level).

Feeling stuck? Try other measures. Here you GO .. It's your turn to LIVE WELL, on your own scale.

**GO** on. Add sound support. Receive/give/receive ... Adjust your pace. Do this for yourself, for life.

Nowhere or way to go? The weight is over. Let **IT GO** ... Wait & 'C'. Use the Rest for support.

Try a half step. Rest assured ... You'll find a chord (accord). 'Be' 'come' 'more' in life; WELL come IT.

### Go **WELL** Beyond the Barriers:



**W**ant to Grow or Become Secure

**E**nable This (GO) (Gather & Open)

**LIVE** for the Balance (to & from the Heart)

**L**ove to LIVE (**IT**) (Increase & Tend; Open & Gather) with Spirit, for Life

Only you can do this: Enjoy your life, join the flow, your ways. This 'novel' book spells it out & shows how.

The journey connects life like music: Your life, gift, voice, touch, place, time & turn to LIVE. Help yourself.

You won't find another you. Passion & patience connect as compassion. Add comfort, with less stress.

Aim for the high note; blend the actions; add a step (or half step) when stuck. Lead your life as a whole:

The seasons are your example (Spring, Summer, Fall, Winter);

They accompany you through life (Outside, Upside, Inside, Downside);

Lead in clear ways, always, across life (Play, Work, Receive, Rest);

Add distinct, diverse, supportive outcomes (**L**augh, **I**mprove, **V**alue, **E**nergize).



Life-Love-Music-Spirit \*- All as One: (Sense, Think, Feel, Heal)

This encompasses all learning domains (Psychomotor, Cognitive, Affective, Restorative). **WELL-Anchored**.

Secure, sound steps linked to life-supporting & enriching resources & outcomes: Life-Directed Leadership.

Rhythm/Tempo-Melody-Harmony-Silence \*- Body Mind Spirit Soul (Heart-Connected)

You can 'do' this; it's easier than you 'think'. Anyplace, anytime, all sorts of weather .... Add to the music.

'Good' for life. Help it grow: Clear, positive directions; Concise actions; Unforgettable/versatile/rewarding.

Comfortably lead your life. Welcome diversity. Evolve. Get 'harmony in motion'. Do what you do, do **WELL**♪